



COURSE OUTLINE: FIT122 - FITNESS APPRAISALS

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Approved: Bob Chapman, Dean, Health

Course Code: Title	FIT122: FITNESS APPRAISALS
Program Number: Name	3040: FITNESS AND HEALTH
Department:	FITNESS & HEALTH PROMOTION
Academic Year:	2023-2024
Course Description:	This course will familiarize students with a variety of fitness assessments used to determine a person's cardiovascular capacity, muscular strength and endurance, body composition, and flexibility. Baseline testing such as blood pressure and heart rate readings will also be introduced and practiced. CSEP-PATH concepts will be discussed in this course to prepare students for the national CSEP-CPT examination. The student will be expected to demonstrate competence in the administration of learned assessments, as well as effective instruction, cueing and providing feedback to the client.
Total Credits:	3
Hours/Week:	3
Total Hours:	42
Prerequisites:	FIT110, FIT111
Corequisites:	There are no co-requisites for this course.
Substitutes:	FIT156
This course is a pre-requisite for:	FIT210, FIT211
Vocational Learning Outcomes (VLO's) addressed in this course:	3040 - FITNESS AND HEALTH
Please refer to program web page for a complete listing of program outcomes where applicable.	VLO 1 Conduct an assessment of the physical fitness, activity level and lifestyle of the client using standardized protocols, to build an individualized exercise program.
	VLO 3 Instruct individual clients and groups in the correct techniques for executing fitness and training programs to achieve results that meet their goals for fitness, active living, and wellness.
	VLO 4 Select and apply interview tools and coaching* strategies that will enable clients and groups improve their fitness, and wellness in sustainable ways.
	VLO 7 Establish and maintain positive working relationships with clients, staff, allied health professionals and volunteers in the delivery of programs, activities, and the use of facilities.
	VLO 8 Provide positive reinforcement to empower clients and help them sustain their efforts.
	VLO 10 Communicate information persuasively and accurately in oral, written, and other media formats.
Essential Employability	EES 1 Communicate clearly, concisely and correctly in the written, spoken, and visual form



Skills (EES) addressed in this course:

that fulfills the purpose and meets the needs of the audience.

- EES 2 Respond to written, spoken, or visual messages in a manner that ensures effective communication.
- EES 3 Execute mathematical operations accurately.
- EES 4 Apply a systematic approach to solve problems.
- EES 5 Use a variety of thinking skills to anticipate and solve problems.
- EES 6 Locate, select, organize, and document information using appropriate technology and information systems.
- EES 7 Analyze, evaluate, and apply relevant information from a variety of sources.
- EES 8 Show respect for the diverse opinions, values, belief systems, and contributions of others.
- EES 9 Interact with others in groups or teams that contribute to effective working relationships and the achievement of goals.
- EES 10 Manage the use of time and other resources to complete projects.
- EES 11 Take responsibility for ones own actions, decisions, and consequences.

Course Evaluation:

Passing Grade: 50%,

A minimum program GPA of 2.0 or higher where program specific standards exist is required for graduation.

Books and Required Resources:

Students will use the CSEP-PATH book purchased in year 1.

Course Outcomes and Learning Objectives:

Course Outcome 1	Learning Objectives for Course Outcome 1
1. Assess a client`s fitness level, including aerobic capacity, muscular strength and endurance, balance, and flexibility.	1.1 Conduct the CSEP-PATH protocol assessments, including Grip Strength, Vertical Jump, Push-up, Back Extension, Plank, One Leg Stance, Y balance test, Sit and Reach, predicted 1RM test, Ebbing Treadmill test, One Mile Walk Test, mCAFT Step Test, and the YMCA Cycle Ergometer Test
Course Outcome 2	Learning Objectives for Course Outcome 2
2. Explain the purpose, procedures and contraindications for all fitness assessments using relevant terminology to clients in non-technical terms.	2.1 Define aerobic capacity, muscular strength, muscular endurance, power, balance, and flexibility. 2.2 Paraphrase the testing procedure for all of the CSEP-PATH assessments to a client. 2.3 Identify contraindications for each of the CSEP-PATH fitness assessments.
Course Outcome 3	Learning Objectives for Course Outcome 3
3. Interpret fitness assessment results and communicate them to a client in non-technical terms.	3.1 Calculate the client`s score for each of the CSEP-PATH fitness assessments. 3.2 Understand the difference between a health benefit rating, percentile rank, and mean data comparison 3.3 Apply knowledge of the benefits of having a high score in aerobic capacity, muscular strength and endurance, balance and flexibility.



	3.4 Apply knowledge of the risks of having a low score in aerobic capacity, muscular strength and endurance, balance and flexibility.
Course Outcome 4	Learning Objectives for Course Outcome 4
4. Develop relevant ideas to improve a client's assessment score in each of the fitness assessments.	4.1 Apply knowledge of exercises that improve a client's aerobic capacity, muscular strength, muscular endurance, power, balance, and flexibility. 4.2 Apply knowledge of the Canadian Physical Activity Guidelines
Course Outcome 5	Learning Objectives for Course Outcome 5
5. Identify clients who should seek medical clearance prior to performing a fitness appraisal.	5.1 Administer and evaluate the GAQ or PAR-Q+ 5.2 Identify clients who are apparently healthy, who have one stable medical condition and who have more than one stable or an unstable medical condition. 5.3 Complete assessment of observations 5.4 Ensure clients have followed the pre-assessment instructions
Course Outcome 6	Learning Objectives for Course Outcome 6
6. Utilize appropriate forms to document fitness assessment data, results and interpretations.	6.1 Apply knowledge of SOAP Note charting 6.2 Understand how to use the client information sheet 6.3 Understand how to use the related fitness assessment data sheets for each of the fitness assessments in the CSEP-PATH manual.

Evaluation Process and Grading System:

Evaluation Type	Evaluation Weight
Assignments	30%
Practical Assessments	40%
Tests	30%

Date:

December 11, 2023

Addendum:

Please refer to the course outline addendum on the Learning Management System for further information.

